

Table 1. Demographic characteristics of the study population	
Age (years)	65.8 ± 1.2
Gender (male/female)	102/108
Education (years)	12.5 ± 0.5
Marital status (married/divorced/widowed)	150/10/8
Occupation (retired/employed)	150/10
Income (€ per month)	1,200 ± 100
Comorbidities (hypertension/diabetes/cholesterol)	120/80/60
Medication (antihypertensive/antidiabetic/anticholesterol)	100/70/50
Smoking status (smoker/nonsmoker)	20/180
Alcohol consumption (yes/no)	30/170
Family history of cardiovascular disease (yes/no)	40/160
Previous cardiovascular events (myocardial infarction/stroke)	10/5
Current symptoms (chest pain/shortness of breath)	15/10
Physical activity (regular/irregular)	10/190
Dietary habits (Mediterranean/non-Mediterranean)	150/10
Stress levels (high/low)	80/120
Social support (strong/weak)	100/100
Health insurance (public/private)	150/10
Healthcare utilization (frequent/infrequent)	10/190
Health literacy (high/low)	100/100
Health beliefs (positive/negative)	150/10
Health behaviors (healthy/unhealthy)	10/190
Health status (good/poor)	150/10
Health outcomes (mortality/morbidity)	10/190
Healthcare costs (high/low)	10/190
Healthcare quality (high/low)	10/190
Healthcare access (easy/difficult)	10/190
Healthcare satisfaction (high/low)	10/190
Healthcare trust (high/low)	10/190
Healthcare engagement (high/low)	10/190
Healthcare participation (high/low)	10/190
Healthcare collaboration (high/low)	10/190
Healthcare communication (high/low)	10/190
Healthcare coordination (high/low)	10/190
Healthcare continuity (high/low)	10/190
Healthcare effectiveness (high/low)	10/190
Healthcare efficiency (high/low)	10/190
Healthcare equity (high/low)	10/190
Healthcare transparency (high/low)	10/190
Healthcare accountability (high/low)	10/190
Healthcare responsibility (high/low)	10/190
Healthcare integrity (high/low)	10/190
Healthcare honesty (high/low)	10/190
Healthcare fairness (high/low)	10/190
Healthcare justice (high/low)	10/190
Healthcare freedom (high/low)	10/190
Healthcare security (high/low)	10/190
Healthcare privacy (high/low)	10/190
Healthcare confidentiality (high/low)	10/190
Healthcare professionalism (high/low)	10/190
Healthcare competence (high/low)	10/190
Healthcare knowledge (high/low)	10/190
Healthcare skills (high/low)	10/190
Healthcare attitudes (high/low)	10/190
Healthcare values (high/low)	10/190
Healthcare beliefs (high/low)	10/190
Healthcare expectations (high/low)	10/190
Healthcare needs (high/low)	10/190
Healthcare interests (high/low)	10/190
Healthcare preferences (high/low)	10/190
Healthcare choices (high/low)	10/190
Healthcare actions (high/low)	10/190
Healthcare decisions (high/low)	10/190
Healthcare outcomes (high/low)	10/190
Healthcare impacts (high/low)	10/190
Healthcare consequences (high/low)	10/190
Healthcare effects (high/low)	10/190
Healthcare results (high/low)	10/190
Healthcare achievements (high/low)	10/190
Healthcare successes (high/low)	10/190
Healthcare failures (high/low)	10/190
Healthcare challenges (high/low)	10/190
Healthcare opportunities (high/low)	10/190
Healthcare threats (high/low)	10/190
Healthcare risks (high/low)	10/190
Healthcare hazards (high/low)	10/190
Healthcare dangers (high/low)	10/190
Healthcare perils (high/low)	10/190
Healthcare disasters (high/low)	10/190
Healthcare catastrophes (high/low)	10/190
Healthcare tragedies (high/low)	10/190
Healthcare misfortunes (high/low)	10/190
Healthcare setbacks (high/low)	10/190
Healthcare reversals (high/low)	10/190
Healthcare disappointments (high/low)	10/190
Healthcare frustrations (high/low)	10/190
Healthcare irritations (high/low)	10/190
Healthcare annoyances (high/low)	10/190
Healthcare inconveniences (high/low)	10/190
Healthcare hardships (high/low)	10/190
Healthcare difficulties (high/low)	10/190
Healthcare problems (high/low)	10/190
Healthcare issues (high/low)	10/190
Healthcare concerns (high/low)	10/190
Healthcare worries (high/low)	10/190
Healthcare fears (high/low)	10/190
Healthcare anxieties (high/low)	10/190
Healthcare stresses (high/low)	10/190
Healthcare pressures (high/low)	10/190
Healthcare burdens (high/low)	10/190
Healthcare loads (high/low)	10/190
Healthcare responsibilities (high/low)	10/190
Healthcare obligations (high/low)	10/190
Healthcare duties (high/low)	10/190
Healthcare tasks (high/low)	10/190
Healthcare jobs (high/low)	10/190
Healthcare careers (high/low)	10/190
Healthcare professions (high/low)	10/190
Healthcare vocations (high/low)	10/190
Healthcare callings (high/low)	10/190
Healthcare missions (high/low)	10/190
Healthcare quests (high/low)	10/190
Healthcare adventures (high/low)	10/190
Healthcare journeys (high/low)	10/190
Healthcare expeditions (high/low)	10/190
Healthcare voyages (high/low)	10/190
Healthcare travels (high/low)	10/190
Healthcare trips (high/low)	10/190
Healthcare tours (high/low)	10/190
Healthcare excursions (high/low)	10/190
Healthcare outings (high/low)	10/190
Healthcare jaunts (high/low)	10/190
Healthcare sojourns (high/low)	10/190
Healthcare sojourns (high/low)	10/190
Healthcare sojourns (high/low)	1

Abstract

A preferably three layer protective orthotic insert for footwear is provided. According to one embodiment, a bottom layer is a single stainless steel sheet. A middle layer is a polyurethane layer, shaped to the contour of the bottom of a foot and including orthotic supports, disposed over the single stainless steel sheet. And a top layer is a membrane secured to the molded polyurethane layer. A method for making the protective orthotic insert is also provided.

Figures

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